



Swim Lessons

Live Here, Play Here.

Location:

Culpeper Recreation Club
13163 Recreation Road
(off Lover's Lane)

Fee:

\$75.00 per participant

Schedule:

Monday - Thursday

For 2 weeks

**Friday is a make-up day in
 case of rain.**

**Culpeper County
 Parks and Recreation**

155 W. Davis Street
 Suite 100
 Culpeper, Virginia 22701

Phone: 540-727-3412
 Fax: 540-727-2802

E-mail:
parks@culpepercounty.gov

Web.CulpeperCounty.Gov

Infant / Toddler

ages 6 months – 36 months
Prerequisite: Parent must get in water.

This is the perfect way to introduce your little one to the water. This class will teach proper supports & holds, water safety, basic skills, and will have games to encourage participation.

Preschool

3-5 years
Prerequisite: Must be able to leave parent willingly and follow directions.

For the preschooler that doesn't have any or just limited solo experience in the water. This class will cover water adjustment, safety, entry, floating and breathing introduced. Depending on individual skills, may also cover back float and recovery, locomotion skills, arm & leg action on front & back.

Level I

ages 6 - 15
Prerequisite: Must be able to participate in a group and follow directions.

For the individual that doesn't swim or can just barely swim, this is your class. Class will cover water exploration and safety skills. Entry, floating and breathing will also be introduced.

Level II

ages 6 - 15
Prerequisite: be able to travel 5 yards, submerge face 3 times, front glide, roll to back and float 3 sec.

For the individual that is able to swim a little bit, this class will improve your skills and confidence. Class focuses on fundamental skills: floating without support, locomotion skills and alternating arm & leg action.

Level III

ages 6 - 15
Prerequisite: or be able to swim 5 body lengths using combined arms & legs, front and back float 15 sec.

For the individual that is able to swim, this class will focus on adding to your skills. Class will cover: survival float, elementary backstroke, coordinate front crawl. Intro to scissor & dolphin kick, and fundamentals of treading.

SCHEDULE

SESSION 1: August 3 – August 13

7:30a-8:00a – Level III
 8:00a-8:30a – Level II
 8:30a-9:00a – Level I
 9:00a-9:30a – Level I
 9:30a-10:00a – Preschool
 10:00a-10:30a – Preschool

SESSION 2: August 17 – August 27

7:30a-8:00a – Level III (Home School)
 8:00a-8:30a – Level II (Home School)
 8:30a-9:00a – Level I (Home School)
 9:00a-9:30a – Preschool
 9:30a-10:00a – Preschool
 10:00a-10:30a – infant/toddler